



# Virginia Episcopal School Basketball Program

## Head Coach Introduction

Coach Sedlar brings 14 years of coaching experience to VES. In August 2018, Coach Darko Sedlar entered his seventh year at Virginia Episcopal School. He serves as the Head Coach, Varsity Boys Basketball and Director of VES Basketball Programs, overseeing the full breadth of our boys and girls teams.

In 2014, Coach Sedlar was named Coach of the Year for VISAA Division III and by the News & Advance. During Coach Sedlar’s tenure in this role, he helped lead the team to its ninth consecutive VISAA Division II Final Four and to the quarterfinal of the National High School Tournament in Phoenix, Arizona, in 2017.

In addition to coaching, Coach Sedlar is Director of Academic Technology at VES and Computer Science Department Chair. He resides on campus with his wife, Celeste and his daughter, Stela.



**2 State Titles**



**9 Consecutive  
Final Fours**



**18-19 Record**

**21 - 10**

**Team GPA**

**92.4**

## Facilities



VES offers a state-of-the-art cardio and strength training facility and an on-staff strength and conditioning trainer. Our athletic trainer is highly regarded among athletic programs throughout the region.

Our Van Every Athletic Center—one of the finest facilities in Virginia—is home to VES basketball. VES competes with a high degree of sportsmanship and success as members of the Virginia Independent Conference (VIC). Athletes of all skill levels find a place in the program where an emphasis is placed on skill building, teamwork, and the life lessons learned by participating in a team sport. The VIC is arguably the most competitive conference in the state, and we are committed to developing the best program in the country.

# Schedule

Weekdays are purposefully structured to prepare our student-athletes for life after high school. During off-season (August - November and March - May) our student-athletes focus on individual skill development and strength training. Our in-season schedule (November - February) is specifically design for competition. Our Boys Varsity team plays between 27-32 games against some of the most challenging competition in the nation. In the the most recent season, we traveled to Phoenix, Arizona; New York; Raleigh, North Carolina; Washington, D.C.; and Toronto, Canada. With the rigorous academic and athletic expectations at VES, our players are adequately prepared to compete at the next level.

## In-Season Schedule

8:30am - 9:30am - 1st Period  
 9:30am - 10:30am - 2nd Period  
 10:30am - 11:00am - Break  
 11:00am - 12:00pm - 3rd Period  
 12:00pm - 12:30pm - Lunch  
 12:30pm - 1:30pm - 4th Period  
 1:30pm - 2:00pm - Break  
 2:00pm - 3:00pm - 5th Period  
 3:30pm - 5:30pm - Study Hall  
 5:30pm - 6:30pm - Dinner  
 7:00pm - 9:00pm - Practice  
 9:30pm - 10:00pm - Team Dinner  
 11:30pm - Light Out

## Off-Season Schedule

7:00am - 8:00am - Skill Work  
 8:30am - 9:30am - 1st Period  
 9:30am - 10:30am - 2nd Period  
 10:30am - 11:00am - Break  
 11:00am - 12:00pm - 3rd Period  
 12:00pm - 12:30pm - Lunch  
 12:30pm - 1:30pm - 4th Period  
 1:30pm - 2:00pm - Break  
 2:00pm - 3:00pm - 5th Period  
 3:30pm - Strength Training  
 5:30pm - 6:30pm - Dinner  
 6:30pm - 7:30pm - Open Gym  
 7:30pm - 9:45pm - Study Hall  
 11:30pm - Lights Out

# Support

Our coaching staff has a combined 30+ years of basketball coaching experience and is one of just a few high schools in the country with a professional strength coach on staff who works individually with our student-athletes. In addition to our incredible facilities, we utilize a number of tools to train our student-athletes and help them reach their performance goals. For example, we use Hudl software for film breakdown and statistics. All of our home games are live streamed using the state of the art camera system called Pixellot. The Whoop program allows our athletes to keep track of their daily strain, sleep, and rest. Our gym is equipped with two Shoot-A-Way guns and we are currently in the process of installing a Noah Basketball Shooting system which is used by many collegiate programs and professional teams. The support system for our student-athletes in unparallel to any other high school program in the country.



## Former and Current VES Student Athletes in College/Pro\*

Princeton University (2)  
 University of Kentucky  
 North Carolina State  
 Pittsburgh University  
 Penn State University  
 Dartmouth University  
 Old Dominion University  
 American University  
 George Washington University  
 Wake Forest University  
 University of Wilmington (NC)

Rhode Island University  
 Towson University  
 Delaware Univeristy  
 East Carolina University  
 University of Montana  
 University of Arkansas LR  
 Bryant University  
 Longwood University  
 Western Carolina University  
 California State University  
 Fairmont State University

College of Saint Rose  
 Chowan University  
 Misericordia University  
 Swarthmore College  
 Birhminghan Southern  
 Hampden-Sydney College  
 Rhodes University  
 \*Get Better Academy (Czech)  
 \*BIS Baskets Speyer (Germany)  
 \*KK Kakanj (Bosnian Premiere)  
 \*Long Island Nets (G-League)